

The Enlightened Diner

I. Preface

The Enlightened Diner is a workshop designed to bring an awareness of the health benefits of choosing nutritious food when dining out. Restaurant dining is an important but overlooked factor in the relationship between diet and health. Americans are eating out more often than ever.

- ❑ The U.S. Department of Agriculture has found that the number of people eating out has doubled over the past two decades.
- ❑ American eat out an average of 4 – 5 times a week and spend almost half of their food dollar on meals eaten outside the home.
- ❑ Over 50% of American suffer with nutrition-related conditions such as heart disease, hypertension, high cholesterol, cancer, diabetes, and obesity.
- ❑ 2 out 3 deaths in the U.S. are due to conditions related to our diets.
- ❑ Most Americans (63%) are more concerned today then they were 10 years ago about the nutritional quality of food they eat.
- ❑ More than three quarters of the population say they are eating more healthy, and almost 40% report that they are exercising more than they did more than 10 years ago.

Then why are we the most overweight population in the world? The Enlightened Diner workshop will provide tips and guidelines on how to enjoy and a healthy and delicious meal when dining out!



II. Workshop Overview

The Enlightened Diner workshop is designed to be held in a 45-60 minute time frame. The workshop features topics related on how to become an “Enlightened Diner” when thinking about your health and diet.

Highlights of the session include:

- an exploration of the participant’s dining out habits
- a comparison of the Food Guide Pyramid recommended size servings to restaurant portions
- how to decode menus from ethnic and fast food restaurants
- a food demonstration.
- the session concludes with healthy tips on how to eat on the run and on the road.

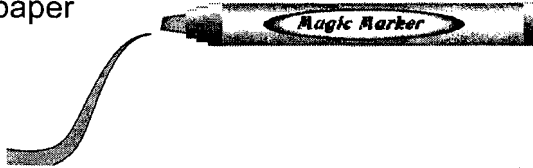
- ✓ An **evaluation form** is included for the participants to fill out.
- ✓ The **background information** that the trainer will need to read with before running the workshop is included in the appendix.
- ✓ The **preface** provides the rationale for the workshop.
- ✓ The **workshop format** gives information about the supplies and handouts.
- ✓ The **handouts** are located in the appendix.
- ✓ The **trainer’s agenda** describes the activities and content that will be included during the session.

The format of this workshop has been designed for flexibility, as to meet the needs of the trainer and the audience. The trainer can choose to modify the format based on the time and resources available.

III. Workshop Format

Supplies

1. 10 – 18" x 24" blank sheets of paper
2. Markers
3. Masking tape
4. Sample menus from: Italian, Japanese, Greek, Mexican, Chinese, Indian, and New American or California style restaurants.
5. Food and Equipment needed for demonstration. Select a recipe from the appendix. Food and supplies are included with each recipe.



Handouts

1. Food Guide Pyramid
2. "Would You Like French Fries With Your Order?" Quiz
3. Healthy Tips for Eating on the Road and on the Run
4. Evaluation Form



IV. Trainer's Agenda

Introduction

Introduce yourself and discuss the objective of the workshop: **How to choose healthy food when dining out.**

Ice Breaker Activity

The ice breaker activity is a questionnaire. The purpose of this activity is to bring an awareness to the group about the trends in American's eating habits: *Why we enjoy eating out and that we are eating out more than ever before!*



Hang 5 sheets of 18" x 24" (approximate) size paper around the room. Provide markers for the group to use. On each sheet of paper write one of the following questions:

1. What is your favorite restaurant? Why?
2. What was your most memorable dining experience? Why?
3. How often (times per week) do you go out to eat or get take-out food?
4. How much money do you spend per week on eating away from your home?
5. List 2 reasons why you go out to eat.

- ✓ Have participants write their responses to each question on the posted paper.
- ✓ After the group is finished, compare the responses. Use a discussion of the responses to introduce the trend in Americans eating habits (refer to the Background Information).

Size Counts!

This section of the workshop focuses on the Food Guide Pyramid and portion control when eating out. (Refer to the Background Information.) Pass out the Food Guide Pyramid handout.







Discuss the idea of how large restaurant servings really are in comparison to home cooked meals and the recommended size servings based on the Food Guide Pyramid. Ask the question "How big is a serving?" Discuss using visual cues to size up the food on your plate.

Show the group the following items:

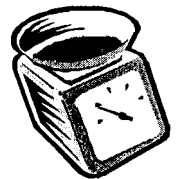
a deck of cards • a ping pong ball • a baseball • a yoyo • 3 dominos • ½ baseball

What do all these objects have in common?

Their size is equal to the recommended size servings from the food pyramid.

- The **deck of cards**  equals 3 ounces of meat, poultry, and fish.
- The size of the **ping pong ball**  is equivalent to 2 tablespoons of peanut butter.
- The size of a **baseball**  is equal to 1 cup of milk, yogurt, or fresh green beans.
- The size of the **yoyo**  is supposed to represent the 1 ounce serving of bread.
- The **three dominos**  is equals to 1 ½ ounces of cheese.
- The half of a **baseball**  is equivalent to ½ cup of vegetables, pasta, and rice.

Visual cues help people to understand what size a portion is, and people can't carry around a set a scale and measuring cups. It is important to be aware of what a recommended serving looks like. People can learn how to eyeball the size of food so they can develop an understanding of how much food they are really eating.



Refer back to the Food Guide Pyramid and suggest they can use this as a guide when making healthy food choices at home or when dining out.

Decoding Menus

This section of the workshop focuses on how to make healthy food choices when eating out. Sample menus from various types of restaurants can be used for this activity;

⇒ **Italian**

⇒ **Chinese**

⇒ **Mexican**

⇒ **Greek**

⇒ **Indian**

⇒ **Japanese**

⇒ **New American or California Style cuisine**

- ✓ Pass out the menus and ask the group "What is your favorite ethnic cuisine?"
- ✓ Then ask them why they prefer one type of food when compared to another. Or refer back to question 1 in the ice breaker activity to start the discussion.
- ✓ Ask the group to consider what would they order if they were dining at one of these restaurants. Choose to discuss a few of the different cuisines.
- ✓ Refer to the Background information and using the information below, discuss how to make healthy food choices when dining out.

A. Italian Cuisine – Italians eat a wealth of vegetables, fruits and grains, along with a minimum of processed foods. Low fat cheese, yogurt, and beans are consumed often, but fish and poultry are used only weekly, and red meat only a few times a month. The typical dessert is fresh fruit. The main fat used is monounsaturated olive oil. The Italian diet is often referred to as the Mediterranean diet, which is considered one of the healthiest in the world.



When dining in an Italian restaurant it helpful to know how the food is prepared so you can order a healthy and delicious meal.

Enjoy!

Pasta pomodoro – pasta with tomatoes

Marinara – spicy tomato sauce

Griglia – grilled

Frutti di mare – red sauce with fish

Picatta – lemon wine sauce

Go Easy!

• Scampi – garlic wine butter sauce

• Alfredo – creamy cheese sauce

• Pesto – sauce of basil, parmesan and olive oil

• Parmigiana – baked with cheese

• Al panna – with cream

• Carbonara – butter, eggs, and cream

• Fritto – fried

B. Chinese Cuisine – If you eat your Chinese food the way Chinese people do, nutritious meals are easy to consume. Chinese cooking's reliance on vegetables, rice, and noodles makes it a naturally healthy choice. Make steamed rice your main dish with meat and sauces the side dishes. Learn how to use chop sticks, they will slow down your eating and let you savor the flavors and eat less. Pork is the primary meat used in Chinese dishes, followed by poultry and duck. Many vegetables and meat dishes are stir-fried or steamed which are healthier ways of preparing food.



Enjoy!

Poached – jum
Roasted – kow
Steamed shrimp and scallops
Wonton soup
Hot and sour soup
Stir-fried food

Go Easy!

- Sweet and sour pork
- Fried rice
- Egg rolls
- Spareribs
- Pork or beef dumplings
- Moo shu pork or beef
- Orange beef

C. Greek Cuisine – Greek food is an excellent example of the healthy Mediterranean diet. It features an abundance of grains, fruits, vegetables, and very little meat.



Enjoy!

Tzatziki – yogurt dip with cucumbers and walnuts
Fasolakia – string beans
Dolmades – stuffed grape leaves (steamed)
 (steamed)
Psari plaki – baked cod with oil, lemon, and oregano

Go Easy!

- Mousaka – layers of eggplant, meat and cheese
- Feta cheese
- Bakalava – dessert made with phyllo dough, walnuts & honey
- Spinakopita – spinach feta pie in phyllo

D. Japanese Cuisine – Japanese cuisine is basically low in fat, stressing soybean based foods, small quantities of fish and meat and rice and noodles. Traditional sauces contain no or very little oil. Teriyaki sauce is a mixture of soy sauce, sake, and sugar; miso is a paste of fermented soybeans, rice mold, and salt. Strong spices such as green mustard and ginger heighten flavors.



Enjoy!

Sushi – vinegared rice prepared with seaweed, raw fish, and or vegetables
Sukiyaki – broiled or grilled
Nimono – variation of simmered foods
Beef teriyaki – marinated grilled beef
Chicken yakitori – skewered grilled chicken

Go Easy!

- Tempora – fried food
- Ageomono – fried and breaded food
- Katsu – fried food
- Miso – high in sodium
- Salted, smoked or pickled fish

E. Mexican Cuisine – Mexican food offers many dishes that are high in complex carbohydrates; vegetables, rice, legumes and grains. You can take enjoy the many seasonings used in Mexican food that give it a special flavor.

Enjoy!

Fresh tortillas
Salsa
Pico de gallo – thicker version of salsa
Gazpacho – chilled spicy vegetable soup
Fajitas – meat and/or vegetables sauted, “make you own”
Chipotle – smoked chili pepper, extremely flavorful, used in sauce, salt or fat not needed to makeup for flavor



Go Easy!

- Nachos
- Beef and cheese enchilada
- Quesadillas – tortillas filled with chili and cheese
- Refried beans

F. Indian Cuisine – Indian restaurants are famous for their currys, which is a blend of spicy seasonings and coconut milk. This sauce can be hot and flavorful. Typical dishes of India, use lentils, chick peas, rice, beans and spices such as cardamom, cinnamon, and cloves.

Enjoy!

Pulka, nann, chapati, and kulcha – types of baked low-fat bread
Mulligatawny – chicken soup
Del rasam – lentil soup
Vindoori – marinated and braised
Tandoori – marinated and baked
Kulfi – mango juice ice cream



Go Easy!

- Samosa – fried meat or vegetables
- Gulab jamun – deep fried dough
- Pakori – deep fried breads or vegetables

G. **New American or “California Style” Cuisine** – Whether they are influenced by the cooking of the Pacific Rim, American Southwest, or the Mediterranean, the upscale New American restaurants are perfect choices for health conscience diners. Their menus offer fresh seasonal ingredients that focus on flavor and presentation. Most California style restaurants are responsive to the needs of their customers reflecting more nutritious choices on their menus.



Enjoy!

Seafood – halibut, red snapper, sea bass, shell fish

Lean beef - sirloin or top round

Grains – whole grains, aromatic basmati rice, wild rice, brown rice, kasha, pasta

Game – venison, buffalo or bison

Vegetarian Entrees

Pan roasted – requires little or no fats in cooking

Rubs – combination of savory spices rubbed onto food, increase flavor of food without adding fat

Salsas, chutneys, and relishes – chunky sauces made from fresh fruit and vegetables

H. **Fast Food** – Can you eat fast food as a part of a healthy diet? Of course you can! Fast food is apart of the American lifestyle. All it takes is a little knowledge about the contents of menu items. Fast food restaurants have analyzed the nutrient content of their products. You should be aware of this information, just ask for it. The key is to limit your intake of fast foods and choose wisely.



Enjoy!

Grilled chicken sandwiches

Small hamburgers

Fresh vegetables and fruit at the salad bar

Roasted chicken without the skin

Veggie pizza

Chicken taco

Chicken fajita

Flavor-baked or breaded chicken

Baked potato topped with fresh vegetables

Go Easy!

•Fried chicken or fish sandwiches

•Large hamburgers

•Salad dressings

•Super-sized french fries

•Double cheese pepperoni pizza

•Big beef burrito supreme

•Bacon cheeseburger

•Mayonnaise

•Cheese and chili baked potato

- ✓ Refer the participants to the handout:
"Do You Want French Fries With Your Order?"
- ✓ Have the group take the quiz and discuss the results.
- ✓ Point out the fact that having the knowledge about the nutrient content of fast food will enable you to make healthy food choices. Fast food nutrition information is available at the counter of the restaurant, often times, it may be posted in a convenient area so the customer can read it before placing their order.
- ✓ Discuss the alternatives to eating at fast food chains, such as local small restaurants, diners, coffee shops, and deli's.

Food Demonstration

The purpose of the demonstration is to show the participants that international cuisine can be nutritious and fun to try. Choose a recipe from the suggested food demonstration section. You can prepare the food in advance and just show some interesting preparation steps or you can ask for volunteers to help with the demonstration.

Conclusion

- ✓ Summarize the main points made in the presentation.
- ✓ Pass out the handout: **"Healthy Eating on the Run and on the Road."** Remind them that this is a guide that they can use next time they are dining out.
- ✓ Ask the group if they have any questions.
- ✓ Pass out evaluation forms and collect the completed forms before the group leaves.

V. Appendix

Background Information

- Size Counts!
- Decoding Menus
- Choosing a restaurant
- Ready to Order!
- Ordering Dessert

Handouts

- Food Guide Pyramid
- Do You Want French Fries With Your Order?
- Healthy Eating On The Road and On The Run!
- Workshop Evaluation

Recipes for Demonstration

- Moon-Bean Salad
- Roasted Pepper and Chickpea Salad
- Mexican Blackbean and Citrus Salad

Sample Menus from International Restaurants

- Italian
- Chinese
- Greek
- Japanese
- Mexican
- Indian
- American

Background Information

Americans are eating out more often than ever. Busy schedules, travel, two career families, socializing, relaxation, teenagers working after school, have made dining out a way of life. According to the National Restaurant Association, in 1995, 44 % of American food money was spent on food eaten away from the home. Now in 2000, fifty cents out of every food dollar is spent on food on restaurant or take out meals. American eat out an average of 4 – 5 times a week.

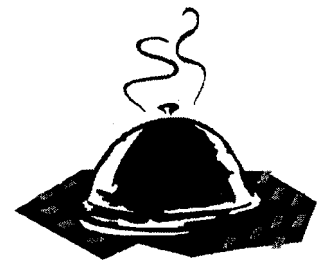
Nutrition related risk factors for cancer, diabetes, obesity, heart and circulatory diseases include inadequate consumption of fruits and vegetables, high fat and saturated fat intake. According to a 1995 California Dietary Practice Survey, “eating away from the home was up significantly” and “people who ate out more often, ate ¼ fewer fruits and vegetables” when compared to those who ate at home more often. Most restaurant meals are high in fat (50 – 100 grams) and calories, 800 – 1500.

Typically meals served in restaurants are not only high in fat and calories, but are super-sized. Fast food restaurants serve larger portions and encourage people to order the larger size, by making it such a great deal for the money.

Size Counts!

More American may clean their plates because they aren't concerned about the amount of food they eat. A survey done by the American Institute for Cancer Research found that people are more concerned about cutting fat and good on fad diets that restrict certain foods, rather than eating less food. People should be aware of both portion size and what foods they are eating. But the trend is to ignore portion size. Most Americans are unaware of what a recommended serving size, based on the Food Guide Pyramid, looks like.

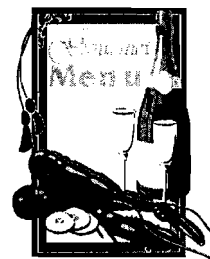
Eating more than we are hungry for is a common problem in restaurants and in homes across the country. In a recent study it was suggested that portion sizes, not hunger, maybe a leading cause of overeating. Barbara Rolls, Ph.D. professor of nutrition and bio-behavioral health Penn. State University has been studying the body's intake of food, her latest research indicates that super-size portions may encourage overeating. “When a plate of various types and amounts of food is in front of us, we seem to lose our ability to judge how much we have eaten.” Rolls says, “We found that even lean young men who in general regulate their food intake well, eat more when given a larger portion.”¹



¹ <http://www.thedailyapple.com/target/cs/article/tda/1000792html>

Decoding Menus

Many Americans dine out nightly at restaurants that offer food from around the world. Which cuisine is the healthiest choice? No matter where you go to eat, you should be able to find a healthy satisfying meal if you are knowledgeable about what you are ordering.



Italian restaurants offer a lot of low sodium and vegetarian choices, thanks to the many pasta dishes. However, portion sizes can be enormous, and some chefs go overboard with the amount of olive oil they use.

Chinese restaurants offer many vegetarian options. It is easy to order a balanced meal because most dishes include a variety of food. However, the way *Chinese* restaurants prepare food, many entrees are high in fat and sodium.

It is difficult to find a more healthier cuisine than the Mediterranean diet, which provides an abundance of grains, fruits, vegetables, olive oil, and very little meat. In the United States, **Greek** food is the one of the most popular examples of this type of diet. However, because of fast food style outlets, Greek food Americans are familiar with include gyro sandwiches, Greek salads topped with feta cheese, mousaka, and baklava. However, a typical full service Greek restaurant offers traditional healthy food. Pasta is almost as popular in Greek food as in Italian food. Rice is also used in many dishes. Sauces are based on wine, stocks, tomato, and yogurt rather than cream and milk. Lentils and beans are commonly used and vegetables are featured in appetizers, soups, and main courses.

The popularity of **Japanese** food has peaked in recent years due to the *Japanese* style steakhouse and sushi bars. The native *Japanese* diet is very low in fat and rich in magnesium, iodine, and sodium. Many offerings in *Japanese* restaurants are usually low in fat and calories. It may be difficult to find vegetarian entrée at these restaurants.

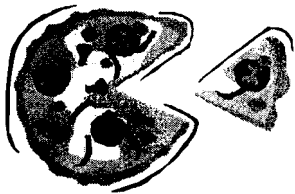
It is possible to get a healthy meal in a **Mexican** restaurant if you know what you are ordering. Beans and fresh vegetables both are nutritional, are often used along as a base in many authentic Mexican dishes. Unfortunately, many Mexican restaurants make it difficult to choose some dishes because of the heaping additions of cheese and sour cream. Talk to your server about options when placing your order.

The basic ingredients in **Indian** food are grains, vegetables, beans, and yogurt accented with meat and fish. Typical dishes contain lentils, chickpeas, rice, beans and spices, which add

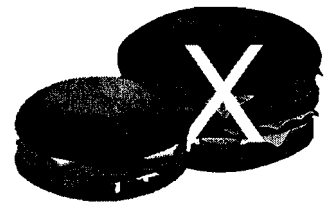
flavor without the extra fat. However, Indian food maybe prepared with "ghee" clarified butter which can raise the proportion of calories from fat.

New American cuisine or **California** style restaurants are perhaps the best bet for finding low calorie, low-fat, low sodium foods. Their menus feature fresh, seasonal ingredients and focus on flavor and presentation over quantity. Most chefs at these restaurants are responsive to trends in eating including the trend of healthy eating.

It is possible to eat healthy at **fast food** restaurants. There are more low fat, low calorie options than ever before. Careful choices can make the difference. Some tips to consider for making healthy choices include:

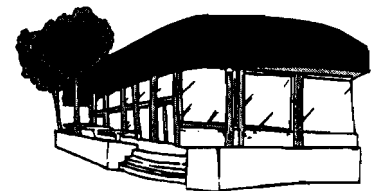


1. **Leave off** the mayonnaise or special sauce to reduce calories and fat.
2. Order food that is **grilled** or **broiled**.
3. **Hold** the cheese and opt for lettuce, tomato, and onion.
4. Use **light** or **fat free** dressings on salads.
5. Order **smaller size** burgers with fewer toppings.
6. **Order** fruit juice, low-fat milk, or water to drink.
7. **Enjoy** fat free frozen yogurt or sorbet.
8. Have a fish sandwich **without** the tarter sauce.
9. Enjoy a pizza with **vegetables** instead of meat.
10. **Share** a sandwich with a friend.



Choosing a Restaurant

When you decide where to go, think ahead. If it's a new restaurant, phone first and ask about the entrees. The restaurant may be able to fax the menu. Or, see if the restaurant has a Web site. That way you can determine whether there are enough low-fat, low-calorie options.



Is the word willpower not in your vocabulary? That phone call can help you steer clear of places where you'll find it too easy to give in. You'll be spared of having an all-you-can-eat feast - a surefire torpedo to any good intentions.

When looking over the restaurant's menu, keep in mind the Food Pyramid and portions. If you plan to splurge at the restaurant, adjust the rest of your day's servings accordingly.

Ready to Order!

Ordering Appetizers – Ideal appetizers include:



- ♥ Shrimp cocktail
- ♥ Fresh fruit or melons
- ♥ Bean or broth-based soups
- ♥ Salad with reduced-fat dressing on the side or lemon & vinegar
- ♥ Grilled or raw veggies with salsa
- ♥ Pita bread with hummus or low-fat black bean dip

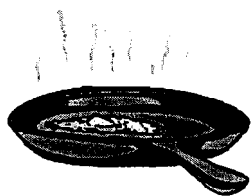


Ordering Entrees – This is no time for entree envy. Be the first at your table to order so that you don't get swayed by what other people are choosing.

To limit portions, ask that your main dish be served in an appetizer portion, with a dish of veggies as the entree. Or consider ordering an appetizer (say steamed shrimp cocktail, clear soup or salad) as opposed to a full-sized meal. Then ask for a salad, corn or broccoli on the side to fill out your meal. You also might order a children's meal, often more than enough food, no matter what your age.

The key to ordering healthy food in a restaurant is being informed about how the food is prepared, even you are not a culinary wizard! Below are some obvious and not so obvious buzzwords to be aware of when selecting your food. Many of the ingredients used in these preparations increase the fat and calorie content of food.:

Buttery
Pan-fried
Deep-fried
Batter-dipped
Breaded
Crispy
Creamed
Encrusted
Au beurre (butter sauce)
Cheese sauce
Au gratin and au fromage (with cheese)
Frito (fried)
Escalloped
Parmesan

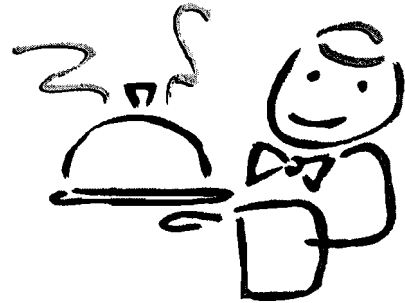


Hollandaise
Bernaise
Alfredo
Marinated (ask if oil is part of the marinade)
Stewed
Basted
Sauteed
(ask that wine or broth be the medium for the saute)
Stir-fried (ask that the oil be cut down)
Casserole
Hash
Prime
Rich
Pot pie
Pastry crust

Keep in mind that the way a dish is prepared – and topped - usually matters more than the food itself. So stay away from fish and chicken that's crowned with mayonnaise, tartar or white cream sauces. Or ask that the sauce be omitted, or that half a sauce portion be served on the side where you can dip your fork into it for added flavor.

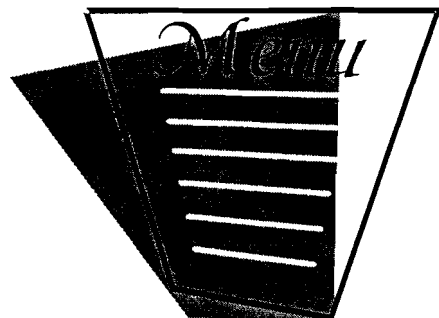
Instead, seek foods with descriptions such as:

- ♥ Steamed
- ♥ Garden-fresh
- ♥ Broiled
- ♥ Baked
- ♥ Roasted
- ♥ Poached
- ♥ Lightly sauteed
- ♥ Cooked in it's own juice (au jus),
broth or other nonfat liquid



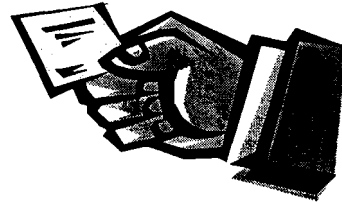
You also may want to order a side salad without cheese and croutons, then split your entree with a companion. If nothing on the menu suits your diet, ask for a baked potato (with salsa, broccoli) and a salad, dressing on the side.

Ordering Dessert – Don't even read the dessert menu. Ask for sorbet or fruit, without cookies, or order a dessert coffee made with skim milk and without alcohol. If you do decide to order a sweet indulgence, share one with your tablemates.



Handouts

1. Food Guide Pyramid
2. "Do You Want French Fries With Your Order?"
3. Healthy Eating On The Road and On The Run Guide
4. Workshop Evaluation



FOOD GUIDE PYRAMID

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

KEY

These symbols show fats and added sugars in foods.

-  Fat (naturally occurring and added)
-  Sugars (added)

Milk, Yogurt,
& Cheese Group
2-3 SERVINGS



Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



The **Food Guide Pyramid** emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

Bread, Cereal,
Rice, & Pasta Group
6-11 SERVINGS



The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain or improve your weight.

How Many Servings Do You Need?

The **Food Guide Pyramid** shows a range of daily servings for each major food group. The number of servings that is right for you depends on how many calories you need. Calories are a way to measure food energy. The energy your body needs depends on your age, sex and size. It also depends on how active you are.

In general, daily intake should be:

- ▲ 1,600 calories for many sedentary women and some older adults;
- ▲ 2,200 calories for most kids, teen girls, active women and many sedentary men; and
- ▲ 2,800 calories for teen boys, many active men and some very active women.

Those with lower calorie needs should select the lower number of servings from each food group. Their diet should include 2 servings of meat for a total of 5 ounces. Those with average calorie needs should select the middle number of servings from each food group. They should include 2 servings of meat for a total of 6 ounces. Those with higher calorie needs should select the higher number of servings from each food group. Their diet should include 3 servings of meat for a total of 7 ounces. Also, pregnant or breastfeeding women, teens and young adults up to age 24 should consume 3 servings from the milk group daily.

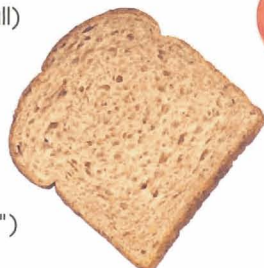
The amount of food that counts as one serving is listed below. If you eat a larger portion, it is more than one serving. For example, a slice of bread is one serving. A hamburger bun is two servings.

For mixed foods, estimate the food group servings of the main ingredients. For example, a large piece of sausage pizza would count in the bread group (crust), the milk group (cheese), the meat group (sausage) and the vegetable group (tomato sauce). Likewise, a helping of beef stew would count in the meat group and the vegetable group.

What Counts as a Serving?

Bread, Cereal, Rice & Pasta Group

- 1 slice bread
- 1 tortilla
- ½ cup cooked cereal, rice or pasta
- 1 ounce ready-to-eat cereal
- ½ hamburger roll, bagel or English muffin
- 3-4 plain crackers (small)
- 1 pancake (4-inch)
- ½ croissant (large)
- ½ doughnut or danish (medium)
- ⅓ cake (average)
- 2 cookies (medium)
- ⅓ pie, fruit (2-crust, 8")



Vegetable Group

- ½ cup chopped raw or cooked vegetables
- 1 cup raw leafy vegetables
- ¾ cup vegetable juice
- ½ cup scalloped potatoes
- ½ cup potato salad
- 10 French fries



Fruit Group

- ¾ cup fruit juice
- ½ cup raw or canned fruit
- 1 medium apple, banana or orange
- ¼ whole avocado



Milk, Yogurt & Cheese Group

- 1 cup milk or yogurt
- 1½ ounces natural cheese
- 2 ounces process cheese
- 1½ cups ice cream or ice milk
- 1 cup frozen yogurt
- 1½ ounces Mozzarella cheese
- ½ cup Ricotta cheese
- 2 cups cottage cheese



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

- 2 to 3 ounces cooked lean beef, pork, lamb, veal, poultry or fish
- Count ½ cup of cooked dry beans or 1 egg as 1 ounce of lean meat. 2 tablespoons of peanut butter or ⅓ cup of nuts count as 1 ounce of meat.

Lean Beef Choices

- Eye of Round
- Top Round
- Round Tip
- Top Sirloin
- Bottom Round
- Top Loin
- Tenderloin



Fats, Oils & Sweets

use sparingly



Published by the Education Department
NATIONAL CATTLEMEN'S BEEF ASSOCIATION
 P.O. Box 670
 Bloomingdale, IL 60108-0670
 1-800-368-3138

THIS PROJECT WAS FUNDED BY BEEF PRODUCERS THROUGH THEIR \$1-PER-HEAD CHECKOFF AND WAS PRODUCED FOR THE CATTLEMEN'S BEEF BOARD AND STATE BEEF COUNCILS BY THE NATIONAL CATTLEMEN'S BEEF ASSOCIATION.

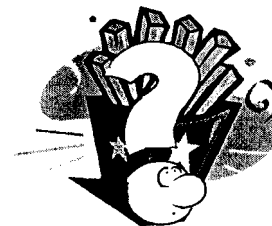


Visit our websites at:
www.teachfree.com (free information for teachers)
www.beefnutrition.org (for nutrition and health professionals)
www.burgertown.com (for children 8-12)
www.beef.org (general consumer information)



Do You Want French Fries With Your Order?

(Trainer's copy)

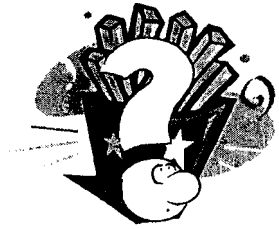


Test your fast food and nutrition knowledge!

1. Fast food is always high in fat, cholesterol, and sodium.
True ____ False X
2. Value meals maybe the best buy, but usually contain "super-sized" portions.
True X False ____
3. By choosing smaller portions at fast food restaurants, you can eat a meal that may not be necessarily high in fat and calories.
True X False ____
4. A regular hamburger at McDonald's contains 260 calories and 9 g of fat.
True X False ____
5. A delicatessen or a small coffee shop maybe a better choice at times when compared to a eating at a fast food chain.
True X False ____
6. You should consider what you have eaten the rest of the day before you place your dinner order at restaurants like Burger King or Kentucky Fried Chicken.
True X False ____
7. Which food would be the healthier choice?
(a.) breaded fish sandwich b. 4 piece chicken nuggets
8. Which food has the least calories and fat?
a. Big Mac (b.) Whopper Jr. with cheese
9. Most value meals can contain up to 1000 calories at a time.
True ____ False X
10. Which is the healthier choice?
(a.) slice of Domino's cheese pizza b. regular taco

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Healthy Eating On The Road and *On The Run!*

Today's culture is one of eating on the run, power lunches, and socializing over dinner in restaurants. Part of the challenge we all face is making sound choices without losing the enjoyment of eating. Here are some tips how to eat out and stay on track with healthy eating habits.

- Get to know the restaurants in your area. Find restaurants that will work with you. For example, restaurants that provide menu selections that are heart healthy, that will cook with low fat cheese, non fat milk, etc.
- Cut back on how much you order. Although you may think you are famished, you are not. Split a meal with a friend, or save half for lunch the next day.
- Order a low fat version of your usual order. Have it broiled instead of fried. Have your dressing and sauces served on the side. Be sure the food server understands what you want. Get them involved in the process. Ask how a dish is prepared, or ask for the chef's recommendation for a low fat dish. Be a low fat advocate. Restaurants listen to their customers. Praise the availability of low fat options, or request them if they are not offered.
- If you are offered a choice of side orders, choose a lower fat alternative such as a green salad, a plain baked potato, or a steamed vegetable dish instead of cole slaw, french fries, or fried vegetables.
- You do not have to eliminate desserts. Just moderate them. Have just one scoop of ice cream, sorbet or non fat frozen yogurt. Order fresh fruit. Split dessert with someone or the whole table.
- Go ethnic and low fat. Try steamed or stir fried (even meatless) ethnic dishes, BUT watch out for deep fried foods and rich sauces.
- The bread basket! Choose breadsticks, Ryerisp, a small roll or slice of bread and pass up the butter, margarine and oil. Be careful how much bread you are consuming. The wait for dinner can sometimes be long. Don't fill up before your meal comes.
- Appetizers always sound and look great and are fun to share. When ordering an appetizer, choose something that requires lots of chewing, and share!
- When choosing an entree, pick something with less fat, cholesterol and calories like fish, poultry or lean cuts of red meat. Remember to ask how it is prepared, if not indicated on the menu.
- Vegetables are loaded with vitamins, minerals and fiber, but be sure and ask about the cooking procedure. You do not want to ruin the benefits of vegetables by loading them with unnecessary calories and fat.



- When looking at a menu, the following descriptions will clue you into the **high fat** dishes:

- Buttery or Buttered
- Basted
- Fried • French Fried • Crispy
- Creamed, in gravy
- Hollandaise
- Au gratin or in Cheese Sauce
- Scalloped
- Rich

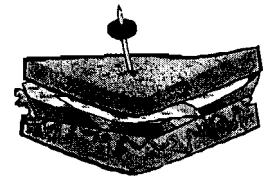


- If you are looking for the **low fat** choices, the following descriptions would include:

- + Broiled • Grilled • Roasted (without added fat)
- + Stir Fried
- + Steamed
- + Au Jus, in its own juices
- + Poached
- + Raw
- + Garden fresh

- When eating on the run, you are short on time and stop off for a quick bite at a drive through:

- ♥ Choose grilled or sliced meat sandwiches rather than fried or breaded and deep fried sandwiches.
- ♥ Have your hamburger without cheese.
- ♥ Hold the sauce. Just use the ketchup or mustard instead of mayonnaise based sauces on fish, hamburgers, and other sandwiches.
- ♥ Try the salad bar. Watch out for high fat dressings, marinated vegetable salads, and salads mixed with mayonnaise and salad dressing.
- ♥ What to do when not given a choice: When eating at a banquet, convention, wedding, etc., the choice you do have is in what you choose to eat. If fatty food or food laden with sauce, remove the skin and scrape off the sauce. You do not have to finish every thing on your plate.



by Laurie Logsdon, MS, RD, 24 Hour Fitness Advisory Board Member



Workshop Evaluation

Name: (optional) _____

Use the following scale to evaluate the workshop.
Strongly Agree: 4, Agree: 3, Disagree: 2, Strongly Disagree: 1

1. Information was presented in a clear and organized manner. _____
2. Presenter(s) were organized and well prepared. _____
3. Handouts and materials were relevant to the information. _____
4. Group participation activities were appropriate. _____
5. Questions were answered sufficiently. _____
6. I will be able to use information. _____

7. What did you like the most about today's session? _____

8. What did you like the least about today's session? _____

9. What new information did you learn today? _____

10. What could the presenter(s) do differently to deliver this information more effectively?

Recipes for Demonstration



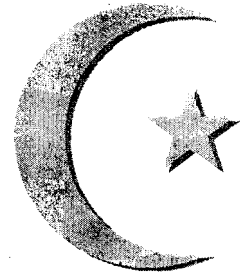
MOON-BEAN SALAD

ROASTED PEPPER AND CHICKPEA SALAD

MEXICAN BLACKBEAN AND CITRUS SALAD

MOON-BEAN SALAD

2 teaspoons olive oil, divided
1 teaspoon dried oregano
1 garlic clove, minced
¼ cup cider or balsamic vinegar
2 (16-oz.) cans cannellini beans or
other white beans, rinsed and drained
1 ½ cups diced plum tomatoes
½ cup chopped Vidalia or other sweet onion
½ cup (2 oz) shredded cheese
1/3 cup chopped fresh parsley
½ teaspoon salt
½ teaspoon pepper
Crostoni (toasted Italian bread slices)



Heat 1 teaspoon oil in a nonstick skillet over medium-high heat. Add oregano and garlic, and saute 30 seconds. Add vinegar, and remove from heat. Combine vinegar mixture and beans in a bowl. Cover and chill 30 minutes. Add 1 teaspoon oil, diced tomato, and the next 5 ingredients (tomato through pepper) to bean mixture, and toss well. Serve with Crostoni.

Yield: 8 servings

(serving size: about 2/3 cup bean salad and 3 crostoni).

Nutrition Information

CALORIES 289 (19% from fat); FAT 6g (sat 2g, mono 2.3g, poly 1.5g); PROTEIN 12.2g; CARB 46.8g; FIBER 4.30g; CHOL 7mg; IRON 3.50mg; SODIUM 640mg; CALC 103mg

Demonstration Supplies

measuring spoons	liquid measuring cup
electric frying pan/skillet	extension cord (heavy duty)
medium size bowl	serving pieces
paper plates	plastic utensils
napkins	serving tray
cutting board	paring knife
wooden spoon	

MEXICAN BLACKBEAN AND CITRUS SALAD

Tangelos, a cross between grapefruit and tangerines, add a rich, tart flavor to this bean salad. If you can't find this citrus hybrid, substitute oranges or tangerines. Serve this recipe with chicken, fish, or pork.



1 tablespoon	olive oil
1 cup	diced onion
1 cup	diced red bell pepper
2 teaspoons	grated tangelo rind
¼ cup	fresh tangelo juice
3 tablespoons	fresh lime juice
1 teaspoon	sugar
½ teaspoon	salt
½ teaspoon	ground cumin
¼ teaspoon	hot sauce
1 ½ cups	tangelo sections (about 8 tangelos)
¼ cup	finely chopped fresh cilantro
2 (15-oz.) cans	black beans, rinsed and drained

Heat the olive oil in a nonstick skillet over medium-high heat. Add the onion and diced bell pepper, and saute 5 minutes or until tender. Combine rind and next 6 ingredients (rind through hot sauce) in a small bowl. Combine onion mixture, tangelo sections, cilantro, and beans in a bowl. Add juice mixture; toss gently. Yield: 6 servings (serving size: about ¾ cup).

Nutrition Information

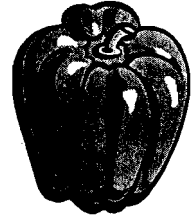
CALORIES 174 (16% from fat); FAT 3.1g (sat 0.5g, mono 1.7g, poly 0.5g); PROTEIN 8.3g; CARB 30.9g; FIBER 6.50g; CHOL 0mg; IRON 2.40mg; SODIUM 418mg; CALC 56mg

Demonstration Supplies

measuring spoons	measuring cups
paring knife	wooden spoon
electric frying pan	heavy duty extension cord
serving pieces	grater or zester
napkins	paper plates
serving tray	medium size bowl

ROASTED PEPPER AND CHICKPEA SALAD

½ cup	vertically sliced red onion
1/3 cup	minced fresh cilantro
2 tablespoons	fresh lemon juice
1 tablespoon	olive oil
½ teaspoon	Hungarian sweet paprika
¼ teaspoon	salt
¼ teaspoon	black pepper
3	red bell peppers, roasted, peeled, and cut into thin strips
1	garlic clove, crushed
1 (15 ½ -oz.) can	chickpeas (garbanzo beans), drained



Combine all ingredients in a medium bowl, and toss salad well.

Yield: 4 servings (serving size: 1 cup).

Nutrition Information

CALORIES 178 (28% from fat); FAT 5.6g (sat 0.7g, mono 3g, poly 1.3g); PROTEIN 7.6g; CARB 26.6g; FIBER 4.10g; CHOL 0mg; IRON 3.30mg; SODIUM 302mg; CALC 56mg

Demonstration Supplies

cutting board	paring knife
measuring spoons	medium size bowl
paper plates	plastic forks
napkins	serving tray
wooden spoon	

861-3850

*Take Out Orders
Welcome*

Luigi's Restaurant

1357 HARTFORD AVENUE
JOHNSTON, RHODE ISLAND

APPETIZERS

CALAMARI	\$6.95
CALAMARI RAFFI	\$7.95
CLAMS CASINO	\$7.95
STUFFED MUSHROOMS	\$5.95
SPINACH & FETA STUFFED MUSHROOMS	\$6.95
CRABMEAT STUFFED ARTICHOKE HEARTS	\$7.95
CLAMS ZUPPA	\$7.95
MUSSELS MARINARA	\$5.95
SNAIL SALAD	\$6.95
FRIED MOZZARELLA	\$5.95
EGGPLANT ROLLENTINI	\$6.95
GORGONZOLA BREAD	\$4.95
TOMATO, MOZZARELLA & BASIL BRUSCHETTA	\$5.95
SHRIMP, PEPPER & ARTICHOKE BRUSCHETTA	\$7.95
SAUSAGE, ESCAROLE & BEAN BRUSCHETTA	\$6.95

PASTA, PASTA, PASTA!

Choose your favorite cut of Pasta: Penne, Linguine,
Fettucine, Cavatelli, Capellini, Farfalle, Bucatelli

LUIGI's TOMATO SAUCE	\$6.95
LUIGI's MARINARA SAUCE	\$7.95
AGLIA E OLIO	\$7.95
BROCCOLI AGLIA E OLIO	\$8.95
ALFREDO	\$8.95
ALFREDO WITH BROCCOLI	\$9.95
CARBONARA	\$9.95
PINK VODKA SAUCE	\$9.95
BOLOGNESE SAUCE	\$9.95
RED OR WHITE CLAM SAUCE	\$9.95
RED OR WHITE TUNA SAUCE	\$10.95
PESTO SAUCE	\$9.95

SIDE ORDERS

MEATBALLS	\$1.95	VEAL CUTLET	\$4.95
SAUSAGE	\$2.75	CHICKEN CUTLET	\$4.95
GRILLED SAUSAGE	\$2.75	GRILLED CHICKEN	\$4.95
EGGPLANT	\$4.50	GRILLED SHRIMP	\$2.50 EA.

SALADS

HOUSE SALAD	SMALL	\$2.95	\$5.95
INSALATA MISTO	SMALL	\$3.95	\$6.95
CAESAR SALAD	SMALL	\$3.95	\$6.95
SPINACH, PASTA & FETA SALAD	SMALL	\$3.95	\$6.95
ADD GRILLED CHICKEN BREAST			\$3.95

SPECIALTY PASTA

BAKED GNOCCHI ALFORNO	\$8.95
LOBSTER FRA DIAVOLO OVER LINGUINE	\$16.95
SHRIMP FRA DIAVOLO OVER LINGUINE	\$15.95
SHRIMP SCAMPI	\$15.95
LINGUINE PESCATORE	\$16.95
RAVIOLI WITH CHICKEN ZINGARELLA	\$13.95
LASAGNA	\$8.95

VEAL

VEAL PARMIGIANA	\$12.95	VEAL FRANCIASE	\$14.95
VEAL MARSALA	\$14.95	VEAL RAFFEALLO	\$15.95
VEAL SALTIMBOCCA	\$15.95	VEAL LUIGI	\$15.95

CHICKEN

CHICKEN PARM	\$11.95	CHICKEN MARSALA	\$12.95
CHICKEN RAFFEALLO	\$13.95	CHICKEN FRANCIASE	\$12.95
POLLO ZINGARELLA	\$13.95	CHICKEN CAPRI	\$13.95

SEAFOOD

BAKED SCROD	\$11.95	BOSTON SCROD	\$14.95
STUFFED SHRIMP	\$15.95	PECSA ALFORNO	\$12.95
ZUPPA DI PESCE	\$16.95	SCROD ITALIANO	\$14.95

FROM THE GRILL

ROSEMARY CHICKEN	\$11.95	PORK LOIN	\$11.95
MIXED GRILL	\$16.95	DELMONICO STEAK	\$13.95

Luncheon Menu Available Tuesday-Friday

Hours Tue-Thu 11:30-9:00, Fri 11:30-10:00, Sat 4:00-10:00
Sun 12:00-8:00

Banquet Facilities Available up to 100

Reservations accepted parties of six or more

Prices are subject to change

FINE CHINESE FOOD & COCKTAILS

A Pairing Hibachi Surrounded by
2 Egg Rolls 4 Fried Chicken Wings
2 Ramen 4 Spare Ribs
2 Teriyaki 4 Coldfingers

For more than 2 people add 6.75 per person
For two 13.50
No substitutions please

APPETIZERS

- Egg Rolls (2) 2.50
- Spring Rolls (2) 2.50
- Fried Chicken Wings (6) 3.15
- Asia Style Wings (7-14) 4.15
- Gold Fingers (10) 4.15
- Pan-fried Shrimp (6) 5.15
- Beef Teriyaki (6) 5.15
- Spare Ribs (6-7) 5.15
- Pork Strips (8) 5.15
- Fried Wontons (12) 2.50
- Shrimp Cocktail 5.15
- Peking Kangoon (8) 5.15
- Crab Kangoon 5.15

SOUPS

- Wonton Soup 1.95
- Chicken Rice Soup 1.75
- Chicken Noodle Soup 1.75
- Chinese Vegetable Soup 2.75
- Egg Flower Soup 1.75
- Hot & Sour Soup 2.50

COMBINATION PLATES

- Served with Egg Roll and Fried Rice 4.50
- Pork Chow Mein/Chop Suey 4.50
- Egg Foo Yong 4.50
- Subgum Chow Mein 4.60
- 4 Fried Chicken Wings 4.60
- 5 Boneless Chicken in Egg Batter 4.60
- # 6 Beef & Peppers 5.15
- # 7 Moo Goo Gai Pan 5.15
- # 8 Sweet & Sour Pork 5.15
- # 9 Sweet & Sour Chicken 5.15
- # 10 Shrimp Lobster Sauce 5.50
- # 11 Diced Cashew Nut Chicken 5.50
- # 12 Baby Shrimp Szechuan 5.50
- # 13 Peking Beef 5.50

CANTONESE MEIN

- Meatless Lo Mein 5.25
- Roast Pork Lo Mein 5.50
- Chicken Lo Mein 5.50
- Beef Lo Mein 5.95
- Shrimp Lo Mein 6.50
- Asia Lo Mein 6.75
- Canton Chow Mein 5.50
- Canton Chicken Chow Mein 5.50
- Canton Beef Chow Mein 5.95
- Canton Shrimp Chow Mein 6.50
- Meatless Canton Chow Mein 6.75
- Meatless Canton Chow Mein 5.25

CHOW MEIN/CHOP SUEY

- Meatless Chow Mein 2.50
- Pork Chow Mein 2.65
- Chicken Chow Mein 2.90
- Chicken Liver Chow Mein 2.90
- Beef Chow Mein 2.90
- Shrimp Chow Mein 3.70
- Subgum Chow Mein 2.90
- Chicago Chow Mein 5.25

FRIED RICE

- Meatless Fried Rice 2.50
- Roast Pork Fried Rice 2.65
- Chicken Fried Rice 2.90
- Beef Fried Rice 2.90
- Ham Fried Rice 2.90
- Shrimp Fried Rice 3.70
- Subgum Fried Rice 5.85
- Asia Fried Rice 6.50

EGG FOO YONG

- Meatless Foo Yong 3.25
- Roast Pork Foo Yong 3.50
- Chicken Foo Yong 3.50
- Shrimp Foo Yong 4.25
- Subgum Foo Yong 4.00

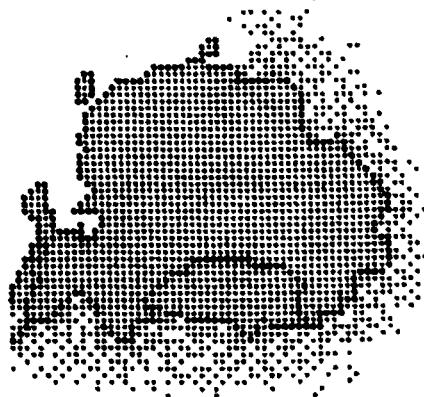
CHICKEN

- Moo Goo Gai Pan 6.50
- Medallions of white meat chicken with assorted chinese vegetables 6.50
- Kung Po Chicken 6.50
- Cubes of chicken with diced vegetables & spicy peppers stir-fried quickly with peanuts over high heat, much flavor, little gravy 6.50
- Chicken Broccoli 6.50
- Tender chicken quickly sauteed with fresh green broccoli 6.50
- Sweet & Sour Chicken 5.75
- Golden batter dipped chicken in our famous red cherry and pineapple sauce 5.75

LINCOLN HALL
ACROSS FROM K-MART
LINCOLN RHODE ISLAND

334-3200

亞洲酒家



RESTAURANT



VEGETARIAN

- Lo Han Chai 5.50
- Bakoy, tofu, pea pods, wood ear and mushrooms in a light sauce.
- Mixed Chinese Vegetables 5.25
- Bakoy, bamboo shoots, water chestnuts, mushrooms and snow pea pods
- Spicy Tofu Vegetables 5.50
- Slices of bean curd, mushrooms and other vegetables in chili seasoned sauce
- Pea Pods 5.50
- Snow pea pods quickly stir-fried to enhance its delicious flavor 5.50

BEEF

- Beef Broccoli 6.95
- Tender sliced beef sauteed with fresh green broccoli
- Beef Pea Pod 7.75
- Tender marinated beef with fresh green pea pods
- Beef Almond Ding 7.75
- Cubes of beef with diced Chinese vegetables topped with toasted almonds
- Steak Kew 6.95
- Chunks of prime rib steak sauteed with assorted chinese vegetables 9.50
- Beef Oyster Sauce 7.95
- Sliced tender flank steak in a rich dark oyster flavored sauce.
- Beef Islander 7.95
- Sliced tender beef in oyster sauce over a bed of sauteed bean sprouts 7.95
- Beef Curry 7.50
- Tender beef & onions in a mildly spicy curry sauce

SEAFOOD

- Shrimp Lobster Sauce 7.75
- Eight jumbo shrimp in the famous pork & egg sauce of lobster cantonese
- Chow Har Kew 7.75
- Jumbo shrimp sauteed with assorted chinese vegetables 7.75
- Shrimp Broccoli 7.75
- Jumbo shrimp and fresh sauteed broccoli in a light flavorful sauce 7.75
- Shrimp with Pea Pods 8.00
- Eight jumbo shrimp sauteed with crispy snow pea pods

PORK

- Char Sel Pan 6.95
- Roast pork strips and mixed vegetables in a light delicious sauce
- Char Sel Tofu 6.50
- Roast pork strips in bean curd in a rich dark sauce
- Hon Sel Yoke 6.50
- Pork in golden batter topped with bakoy, pea pods, mushrooms, bamboo shoots and water chestnuts 6.50
- Sweet & Sour Pork 5.75
- Pork in golden batter in a cherry and pineapple sauce

Open Everyday
From 11:00 a.m.

Prices subject to change
without notice

Omonia Greek Restaurant

Appetizers

Feta Cheese and Kalamata Olives
With Greek olive oil and oregano
\$4.95

Spanakopita
Spinach and feta cheese baked in filo dough
\$5.95

Kolokithakia Skorthalia
Fried zucchini with our special garlic
sauce
\$5.95

Saganaki
Kasseri cheese broiled in a crock
\$5.25

Taramosalata
Caviar salad from the roe of carp
\$5.75

Tsatziki
Yogurt, garlic and grated cucumber spread
\$4.95

Skorthalia
Our special garlic spread
\$4.95

Tahini Bean Dip
Ground chick peas, tahini and herbs,
enhanced with Greek olive oil, onions and
parsley
\$4.95

Kalamarakia Skorthalia
Fried squid served with our special garlic
sauce and lemon
\$8.95

Octopus
Broiled and served with Greek olive oil, lemon
oregano dressing
\$7.95

Locanico
Greek sausage with lemon
\$5.95

Entrees

Baked Lamb
Prime spring lamb baked in a tomato sauce,
herbs, and spices
\$15.95

Dolmathakia
Vine leaves stuffed with beef and rice, topped
with an egg lemon sauce
\$13.95

Spanakopita
Spinach and feta cheese baked in filo dough
\$13.95

Moussaka
Eggplant, layer of ground beef topped with a
cream bechamel sauce
\$14.95

Roast Leg of Lamb
Sliced roast leg of spring lamb, garlic and herbs
\$16.95

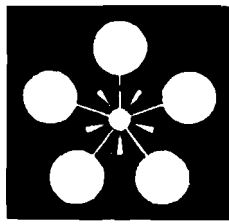
Kalamarakia
Fried squid served with our special garlic sauce
and lemon
\$16.95

Shrimp a la Omonia
Shrimp baked in a tomato sauce, with chunks of
feta cheese, served in a casserole
\$16.95

Pastitsio Ziti
Layers of ground beef sauteed in onions and
garlic, topped with a cream bechamel sauce
\$13.95

Makaronatha
Spaghetti topped with a ground beef tomato
sauce
\$12.95

Lamb Souvlaki Omonia
Cubes of tender spring leg of lamb, marinated
in herbs and spices, broiled with tomatoes,
peppers and onions
\$16.95



NEW JAPAN Japanese Restaurant

Closed Monday

145 Washington Street • Providence

351-0300

2 Blocks from Convention Center, The Biltmore, Civic Center & Holiday Inn

Appetizers

SASHIMI	\$6.25
Delicately sliced assortment of ocean-fresh raw fish	
GYOZA	\$4.75
Steamed dumplings filled w/finely chopped beef & vegetables (5 pieces)	
YAKI TORI	\$3.50
Succulent skewered chicken breast broiled to perfection in Terriyaki sauce (2 skewers)	
HIYA YAKKO	\$3.95
Fresh soft tofu (soybean curd) topped w/ scallions & ginger sesame sauce	
AGETASHI TOFU	\$3.95
Cubed tofu fried & topped w/ grated ginger & scallion sauce	
WAKAME SALAD	\$4.95
Refreshing sea greens with cucumber, rice wine vinegar & soy sauce dressing topped w/ sesame seeds	
UNAGI CUCUMBER ROLL	\$7.50
agi (freshwater eel) rolled in hand-cut cucumber sheets w/ sesame seeds	
SNOW CRAB & AVOCADO	\$4.95
Crab served over fresh avocado w/ soy sauce & wasabi	

Soups

MISO SIRU	\$1.50
Flavorful light soybean soup w/ mushrooms, scallions & diced tofu	
OSUMASHI	
Diced tofu, mushrooms & scallions in a delicate light soy sauce & fish broth	

Sushi Menu - Served Nightly

Roll - 8 Pieces:		Omelet / Tamago	\$2.00
Tuna Roll / Takka Maki	\$ 2.50	B.Q. Eel / Unagi	\$4.00
Hamachi & Nagi Roll	\$ 3.25	Salmon Roe / Ikura	\$3.25
Cucumber Roll	\$ 2.00	Flying Fish Roe / Tobiko	\$3.25
Hand Roll: Tuna & Garlic		Sea Urchin / Uni	\$5.50
Hamach & Negi	\$ 3.50	Tie / Snapper	\$3.00
Unakyu / Eel & Cucumber	\$ 4.50	Saba / Mackerel	\$3.00
Grilled Salmon w/ Cucumber	\$ 4.95	Inside Out Roll: 8 pieces	
Dinner: Nigri Sushi / Combo		New Japan Roll	\$5.95
Chirasi Zushi	\$17.00	California Roll (w/ real crab)	\$5.25
Order 2 pieces:		Unagi Roll	\$7.50
/ Maguro • Salmon / Sake	\$ 3.00	Soft Shell Crab Roll	\$7.95
Hamachi • Octopus / Tako	\$ 3.25	Avocado Roll	\$3.00
Squid / Ika • Shrimp / Ebi	\$ 3.00	Spicy Veg. Tempura	\$3.95
Snow Crab / Kani	\$ 3.50	Spicy Shrimp Tempura	\$5.95
		Spicy Tuna	\$4.95

Entrees

SASHIMI DINNER	\$17.00
Delicately sliced assortment of ocean-fresh, raw fish, served w/ rice & salad	
TERIYAKI DINNER	
Glaze-grilled Japanese style in Teriyaki sauce, served w/ rice & salad	
Beef (Angus Supreme)	\$14.75
Chicken	\$ 9.75
Fish	\$12.00
Swordfish	\$13.75
Salmon	\$14.75
Scallops	\$16.00
TON KATSU	\$11.00
Succulent deep fried pork cutlet w/ dark & spicy sauce, served w/ rice & salad	
UDON	\$10.00
Boiled Japanese noodles w/ fresh vegetables & seagreens in a light fish broth, served w/ chicken or fish & salad	
FOIL YAKI DINNER	\$13.50
Fish, chicken, shrimp & vegetables wrapped in foil seasoned w/ soy sauce & butter, served with rice & salad	
TEMPURA DINNER	
Lightly battered & deep fried w/ a delicate sauce for dipping, served with rice & salad	
Shrimp, Fish & Vegetable	\$13.75
Vegetable	\$ 9.75

CURRY DINNER

Vegetables & / or choice of meat cooked in a spicy curry sauce, served hot over rice w/ salad

Chicken	\$11.50
Vegetable	\$10.00
Beef	\$12.50
Shrimp	\$12.50

UNAJU

Barbecued Fresh Water Eel served over a bed of rice, served w/ salad

SUKI YAKI DINNER

Sirloin Steak, vegetables & noodles you cook at your table, in a sake & soy sauce broth, served w/ rice & salad

For One	\$15.00
For Two	\$30.00

Casa Rincon & Tapas Cantina

Sedona Arizona Southwest & Mexican Restaurant & Banquets

Lunch & Dinner Main

Casa Rincon's menu now features Arizona style Mexican & Southwest.

"We offer you our best."

Southwest Favorites

Camarones Entocinados

Grilled jumbo shrimp wrapped in hickory smoked bacon accompanied by Spanish rice and borracho black beans.

16.95

Pacific Red Snapper

Sautéed then simmered with sliced olives, tomato, onions, jalapenos and Spanish rice.

11.95

Mesquite Grilled Oak Creek Brook Trout

With vegetables, Spanish rice and chipotle dipping sauce.

12.95

Chipotle Chicken

Campfire style grilled breast simmered in chipotle (smoked jalapeno) cream sauce. Served with black beans and Spanish rice.

12.95

Roasted Pork Tenderloin Chile Verde

Served with chipotle-garlic mashed potato and lime grilled corn and chile verde sauce.

15.95

Mesa Verde Ribeye

10oz. ribeye with chili verde sauce & cheese, Spanish rice, and black beans.

16.95

Fajitas

Beef Steak

Marinated with fruit juices and spices, mesquite grilled then topped with sautéed red & yellow onions and bell peppers.

10.95

Mesquite Grilled Chicken

Marinated and cut into strips with sautéed red & yellow onions and bell peppers.

10.95

Gulf Shrimp

Grilled with chipotle butter and topped with sautéed red & yellow onions and bell peppers.

12.95

Combination

We will mix two or three of the above Fajitas for a multi taste sensation.

12.95

Taste Of India

LUNCH: "WHERE THE TASTE SAYS IT ALL"

DINNER:

Monday through Saturday
11:30am - 2:30 (Except Holidays)

Authentic Indian Cuisine

Monday through Saturday 5:00 - 10:00
Sunday Noon - 9:30

LUNCHEON SPECIALS

Vegetable Curry.....	5.95
Alu - Chole.....	5.95
Baingan Bhurta.....	5.95
Saag Paneer.....	5.95
Chicken Curry.....	6.25
Chicken Tikka.....	6.25
Chicken Tandoori.....	6.25
Lamb Curry.....	6.75
Lamb Saag.....	6.75
Shrimp Curry.....	6.95

Above Lunches are served with nam or rice, & onion, mint chutney

APPETIZERS

Vegetable Pakora.....	3.95
<i>Spinach and Onion Fritters</i>	
Vegetable Samosa.....	2.50
<i>Crispy turnover stuffed with peas and potatoes</i>	
Vegetable Tikki.....	2.50
<i>Little spicy vegetable patties</i>	
Chicken Pakora.....	5.95
<i>Delicately spiced and deep fried chicken fritters</i>	
Assorted Platter.....	6.95
<i>Assortment of appetizers</i>	
Papadum.....	1.00
<i>Crispy spiced fried wafers</i>	

INDIAN BREADS

Naan.....	2.25
<i>Baked leavened bread</i>	
Onion Kulcha.....	2.95
<i>Naan stuffed with spiced onions</i>	
Tandoori Roti.....	1.95
<i>Whole wheat - baked bread</i>	
Onion Paneer Kulcha.....	3.25
<i>Baked bread stuffed with spiced onions and home made cottage cheese</i>	
Paratha.....	2.25
<i>Multilayered whole wheat bread cooked with butter</i>	
Chapati.....	1.95
<i>A typical Indian Bread made with whole wheat</i>	
Poori (2pcs.).....	2.95
<i>Whole wheat deep fried puffed bread</i>	
Alu-Paratha.....	3.25
<i>A multilayered bread stuffed with peas and potatoes</i>	
Gobi Paratha.....	3.25
<i>A bread stuffed with cauliflower</i>	
Keema Nan.....	3.95
<i>Naan stuffed with minced meat</i>	

RICE SPECIALTIES

Shanajani Biryani.....	10.95
<i>Specialty flavored rice cooked with choice of chicken or lamb and nuts</i>	
Vegetable Biryani.....	9.95
<i>Flavored rice cooked with fresh vegetable and nuts</i>	
Shrimp Biryani.....	13.95
<i>Marinated shrimp and vegetables cooked with specialty flavored rice, nuts and fresh ground spices</i>	

All biryani served with raita (yogurt sauce).

SOUPS

Mulligatawny Soup.....	2.25
<i>A traditional soup made from lentil, vegetables and delicate herbs</i>	
Coconut Soup.....	2.25
<i>Served coconut, cream and nuts</i>	

TANDOORI SPECIALTIES

Chicken Tandoori.....	8.95
<i>Chicken marinated in yogurt and freshly ground spices and broiled in the oven (White Meat - 10.95)</i>	
Reshmi Kebab (White Meat).....	10.95
<i>Tender flat breast of chicken marinated and broiled</i>	
Ginger Kebab (White Meat).....	10.95
<i>Tender chicken fillet seasoned with fresh ginger and spices</i>	
Sheekh Kebab.....	11.95
<i>Finely chopped lamb, seasoned with onions and spices</i>	
Boti Kebab.....	11.95
<i>Cubed leg of lamb, broiled to perfection on skewers</i>	
Chicken Tikka (White Meat).....	10.95
<i>Succulent cubes of chicken subtly spiced and broiled in the tandoor</i>	
Tandoori Shrimp.....	12.95
<i>Jumbo shrimp, seasoned with fresh spices and broiled in the tandoor</i>	
Tandoori Mix Grill.....	14.95
<i>Assortment of tandoori specialties</i>	

ENTREES

All entrees are served with pulao rice, onion & mint chutney

CHICKEN SELECTIONS (All White Meat)

Chicken Tikka Masala.....	10.95
<i>Over baked diced chicken in tomato and cream gravy</i>	
Chicken Shahi Korma.....	9.50
<i>Boneless chicken mildly spiced and cooked in cream sauce with nuts</i>	
Chicken Jalfrezi.....	9.50
<i>Boneless chicken cooked with onion, pepper, tomato and mushroom</i>	
Chicken Saagwala.....	9.50
<i>Boneless chicken cooked in freshly spiced spinach</i>	
Chicken Vindaloo (Hot).....	9.50
<i>Diced chicken with potatoes in a sharply spiced gravy</i>	
Chicken Curry.....	9.50
<i>Boneless chicken in light onion and tomato gravy</i>	
Chicken Makhni.....	10.95
<i>Tandoori chicken cooked in lightly spiced gravy</i>	

MEAT DELIGHTS

Lamb Curry.....	10.50
<i>Cubes of lamb cooked in light gravy</i>	
Lamb Korma.....	10.50
<i>Boneless Lamb cooked with nuts in mildly spiced creamy sauce</i>	
Lamb Saag.....	10.50
<i>Cubes of lamb cooked in freshly spiced spinach</i>	
Lamb Vindaloo (Hot).....	10.50
<i>Boneless lamb marinated in vinegar, cooked in sharply spiced onion and tomato gravy with potato</i>	
Lamb Bhuna.....	10.50
<i>Cubes of lamb cooked with onion and tomato</i>	
Keema Paneer Mutter.....	10.95
<i>Minced meat cooked with homemade cottage cheese, peas and herbs</i>	

All entrees can be prepared mild, medium or hot as per your request.

Credit Cards Minimum \$10.00
No Personal Checks
Catering Facilities Also Available

SEAFOOD DELICACIES

Shrimp Masala.....	12.95
<i>Shrimp cooked with onion, green peppers, herbs, spices and tomato</i>	
Shrimp Saag.....	12.95
<i>Shrimp cooked in freshly spiced spinach</i>	
Shrimp Vindaloo (Hot).....	12.95
<i>Shrimp in sharply spiced onion and tomato gravy with potato</i>	
Fish Masala.....	11.95
<i>Succulent pieces of fish in a delicately spiced gravy</i>	
Fish Vindaloo (Hot).....	11.95
<i>Marinated fish cooked in sharply spiced gravy with potato</i>	

VEGETARIAN CORNER

Saag Paneer.....	8.95
<i>Homemade cottage cheese cubes cooked in freshly spiced spinach</i>	
Mutter Paneer.....	8.50
<i>Homemade cottage cheese cooked with green peas</i>	
Alu-Palak.....	8.50
<i>Potatoes and spinach cooked with Indian herbs and spices</i>	
Alu-Matter.....	8.50
<i>Potatoes and green peas cooked with herbs and spices</i>	
Malai Kofta.....	8.95
<i>Grated vegetables balls cooked with mildly spiced gravy</i>	
Bengan Bhurtha.....	8.50
<i>Oven roasted eggplant, mashed and cooked with onions, tomato, green pepper and ground spices</i>	
Channa Masala.....	8.50
<i>Chick peas cooked with herbs and spices</i>	
Dal Makhni.....	8.50
<i>Lentils tempered with delicate spices</i>	
Vegetable Curry.....	8.50

CONDIMENTS

Mint Chutney.....	2.25
Mango Chutney.....	2.25
<i>Fruit Relish</i>	
Pickle from India (Spicy).....	2.25
Raita.....	2.50
<i>Cool whipped yogurt with cucumbers and mint</i>	
Kachumber Salad.....	2.95
Rice Pulao (Extra).....	2.25

DESSERTS

KULFI.....	2.75
<i>Home made Indian ice cream made with saffron flavor and nuts</i>	
Gulab Jamun (2pcs.).....	2.95
<i>Deep-fried cream cheese nodules made from condensed whole milk and soaked in sweetened syrup</i>	
Firni.....	2.75
<i>A famous Indian sweet dish made from milk and rice and flavored with cardamom and rose water</i>	
Aam Ice Cream.....	2.75
<i>Mango flavored ice cream topped with mango pulp</i>	

BEVERAGES

Mango Lassi.....	2.50
<i>A cool refreshing yogurt drink flavored with mango and rose water</i>	
Plain or Salted Lassi.....	2.50
Mango Milk Shake.....	2.50
Mango Fruit Juice.....	2.50
Soft Drinks.....	2.50
Iced Tea.....	1.50
Darjeeling Masala Tea.....	1.50
Coffee.....	1.50
Sparkling Water, Mineral Water.....	1.95
Perrier.....	1.95

Tel: 401-421-4355 • 401-453-2288 Fax 401-751-1432

230 Wickenden Street, Providence, Rhode Island

hot point

an american bistro

SOUP

HOTPOINT LOBSTER BISQUE, Cup 4.79 Bowl 6.49
SPECIAL SOUP

SALAD

CLASSIC CAESAR SALAD Sun-dried tomatoes, anchovy filets & croutons. 6.99

- add marinated chicken breast 3.00
- add somewhat spicy calamari 3.99
- add 3 grilled Florida Shrimp 6.75

HOUSE SALAD Mixed greens, plum tomatoes, cucumbers & shaved red onion, marinated red roasted peppers. 6.99

CHOICE OF DRESSING

- Orange-walnut sherry vinaigrette
- Balsamic vinegar & extra virgin olive oil
- Honey-Dijon, poppy seed & white truffle oil

SALAD OF BABY SPINACH Pears, Maytag Dairy Farms blue cheese, pecans, yellow & red tomatoes, laced with an orange-walnut sherry vinaigrette. 7.99

LIGHT FARE

SHRIMP COCKTAIL Jumbo U-12 Florida Hopper shrimp. 4 shrimp minimum. 2.35 each

SCALLOPS & HERBED-BLUE CHEESE POLENTA

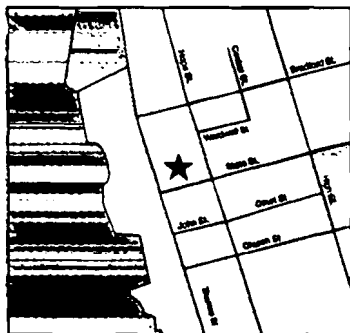
Pan seared with whole butter and presented around Maytag blue cheese polenta. Served with green & black peppercorn sauce. 10.99

SOMEWHAT SPICY FRIED CALAMARI Smoked spicy tomato dipping sauce, basil and jalapeno peppers. 7.99

MAINE CRAB CAKE Roasted corn, red onion and fried greens. Topped with a smoked jalapeno Mayo. 8.89

QUESADILLA OF GOAT & JACK CHEESES, ASPARAGUS & SUNDRIED TOMATOES with sour cream, guacamole, black beans & chives. 9.99

QUESADILLA OF WILD MUSHROOM WITH JACK AND COLBY CHEESES with sour cream, guacamole, black beans & chives. 9.99



SERVING DAYS

Tuesday - Friday 11:30 - 2:00

SERVING EVENINGS

Tuesday - Saturday from 5:00pm

Closed Sunday & Monday (except major holidays)

254-7474

31 State Street, Bristol
in the historic waterfront district
at the end of the East Bay Bike Path
www.hotpointrestaurant.com
Visit our website for specials & updated info

SANDWICHES

All sandwiches are served on a roll with fresh fries or house-made potato chips.

SALMON SALAD SANDWICH Poached fresh Atlantic salmon, chilled then tossed with a tarragon-shallot Mayo, L-T-O on a bulky roll. 9.59

GRILLED CHICKEN BREAST SANDWICH Maytag blue cheese, house-smoked bacon, baby lettuce, red onion, tomato, roasted garlic & herb mayo. 8.59

VEGGIE STACK Portabella mushroom caps, roasted red peppers, caramelized red onion, yellow tomato, zucchini, whipped goat cheese & sunflower seeds. 8.79

BEEF TENDERLOIN SANDWICH Warm gorgonzola cheese sauce, Portabella mushroom. 12.99

PLAIN BURGER 1/2 pound of extra lean ground beef served with baby lettuce, plum tomatoes, shaved onion. 6.99

BURGER TOPPINGS

Maytag blue cheese • American cheese • Jack cheese
Swiss cheese • House-smoked bacon
Portabella mushroom • Caramelized red onion

ITEMS LISTED BELOW ARE AVAILABLE AFTER 5 PM

House or Caesar Salad available with any dinner item

WILD MUSHROOM RISOTTO Arborio rice, Parmesan, seasonal vegetables and spicy black bean glaze. 13.29

FLORIDA SHRIMP, SEA SCALLOPS & POINT JUDITH CALAMARI Sautéed with fresh red and yellow tomatoes, tossed with basil-pistachio pesto & fresh egg fettuccini. 17.71

FILET OF SALMON served with chipolte-chive mash potatoes, hickory smoked corn sauce, asparagus. 15.95

SPINACH GNOCCHI Pasta dumplings with shallots, garlic, house-made pepper vodka, Italian plum tomato, cream, fresh mozzarella & parmesan cheese. 14.94

FRESH EGG FETTUCCINI & GRILLED CHICKEN Vermont goat cheese, garlic, fresh tomato, basil, extra virgin olive oil. 14.99

MOLASSES MARINATED PORK TENDERLOIN Grilled then glazed with Kentucky bourbon & Vermont maple syrup. Served with tart shallots, roasted apple & bacon mashed potato. 15.99

LOBSTER MEAT & FETTUCCINE Meat from a 1 1/4 lb. lobster tossed with asparagus, red & yellow tomatoes, parmesan-sage butter sauce. 20.99

BEEF TENDERLOIN Maytag blue cheese potatoes, asparagus, caramelized red onion, Portabella mushroom cap. 21.89

* Prices Subject to Change

- We hold a full liquor license with 15 wines available by the glass
- Call ahead for take-out
- Inquiries regarding catering welcome
- This menu subject to change with the seasons
- If you have a food allergy please let us know

Bibliography

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